Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	255	2.89	54.95	6.29
Lunch				
Dinner				
Snacks/Other				
Total	255	2.89	54.95	6.29

Wednesday, February 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Coffee Bean No Sugar Added Vanilla Powder	50	0	0	10	0	4	3	105	0	
1 1/2 tbsp, 14 g										
Market Pantry Frozen Blueberries	70	0	0	17	4	13	1	0	0	0
1 cup, 140 g										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk	30	2.5	0	1	1	0	1	180	0	170
1 cup, 240 ml										
Total	255	2.89	0.132	54.95	8.1	31.43	6.29	286	0	592
Lunch										
Dinner										
Snacks/Other										
Total	255	2.89	0.132	54.95	8.1	31.43	6.29	286	0	592